

Honey Garlic Salmon

Description

Serves 2-3. Fresh salmon filets are topped with a flavorful honey-garlic sauce that includes scallions, sesame seeds, and a touch of soy.
Entrée Includes: Salmon and Honey Garlic Sauce. Salad shown in photo is a serving suggestion.

Cooking Instructions

This dish includes 2 parts: Salmon and Honey Garlic Sauce.

Thaw Sauce and stir.

Salmon Cooking Method – Choose One:

Thawed – Stovetop (Preferred Method): Thaw filets. In a skillet, heat 1 Tbls of canola or olive oil over med-high heat. Add salmon and sear approx 3-5 min per side until center is no longer opaque.

Freezer to Oven: Preheat oven to 450F. Bake frozen filets on lower rack, uncovered, for 35-50 min until flaky.

Freezer to Air Fryer: We recommend using parchment paper for easy cleanup! Place frozen salmon in air fryer. Cook @ 375F for approx 20 min until internal temp is reached.

Internal Temperature: 145F.

Serving Suggestions: Serve topped with a drizzle of Honey Garlic Sauce. White & wild rice blend and honeyed carrots on the side. Pinot Grigio.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

Nutritional Information

Per Serving: 335 cal, 20g fat (4g sat), 78mg chol, 360mg sodium, 13g carb, 0g fiber, 12g sugar, 27g protein.

Contains: Soy. Wheat. Sesame seeds.

Lifestyle: Dairy-Free. Nut-Free.

Ingredients: salmon filets, honey, sliced green onions, soy sauce, olive oil, malt vinegar, sesame seeds, garlic, onion powder, spices.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Serving size: 3 servings per entrée, unless otherwise stated.



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